

Hello EES Family,

How are you doing? I know we had some beautiful weather recently and I hope you were all able to get outside and enjoy it. This whole thing would be so much easier if the weather would cooperate! I see we have some rain in the forecast so this week I have included some really fun looking inside games. I found a bunch of great ideas on this one website. Some of you may already know it, but it is new to me! You can find all sorts of other ideas here

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>.

I copied a few fun ideas out of the site, but there are plenty of others available there.

I also had another idea that I was hoping to hear from some of you about. I was thinking it might be fun to start doing a weekly ZOOM meeting with each grade level where we could share some ideas together and do some warm ups. Maybe I could even show you some new ideas! I would really like to know if you think that would be fun. If you like this idea, please feel free to email me and let me know. If you don't have it my email is marcheg@mersd.org.

I hope you like this weeks activities!

-Mr. Marche



Quad STRETCH

Start in a normal standing position. Bend one knee and raise the foot towards the buttock. Slightly flex the standing leg so the knees are together (but not touching). Hold the front of the raised foot and pull the heel towards the buttock. *Alternate legs.*



March IN PLACE

Lift knees high and exaggerate the arm swing.



Carioca

Stay on the balls of your feet with your hips in a low semi-squat position. Begin by twisting your hips and crossing one leg in front of the other, bring your trail leg through and cross your lead leg behind the trail leg. Your shoulders remain square.



REVERSE Lunges

Facing forward, step one foot back about 18 to 24 inches. Immediately bend the knees and lower onto the front leg, allowing the back knee to come close to the ground. Keep the weight on the front heel and chest upright. Push back up with the back foot. *Return to the standing position.*

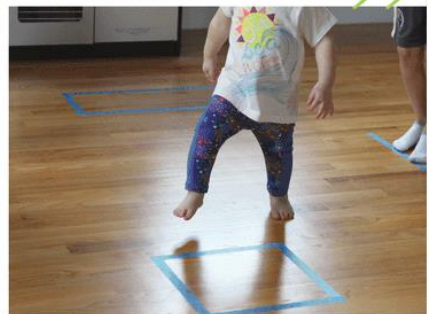
TAPE GAMES

A simple roll of low-tack Painter's tape ([like this one for delicate surfaces](#)) will be your new best friend once you try these genius ideas that get kids exerting their energy in all sorts of creative ways.

(editor's note: just bringing out the roll of tape got Ooos and Ahhs from my kids – these activities were extremely well received and have now been added to my Boredom Buster bag of tricks!)



“ Crab Walk to the Triangle . . . Bear Crawl to the 'L' ”



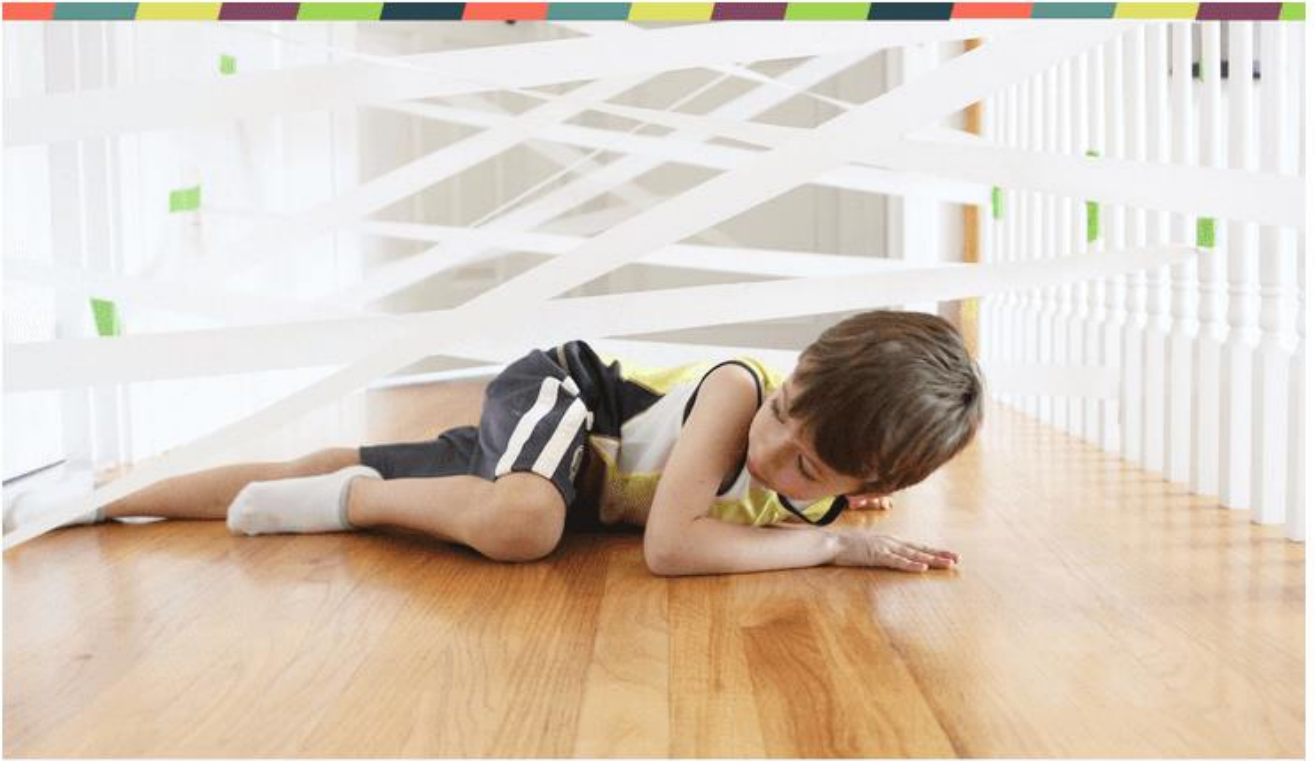
“ Slither to the Diamond . . . Run to the Square ”



Tape Lines: Make 5–10 separate lines of tape, each about a foot apart, on your floor or carpet. Label the first one the “start” line and then give your kids simple instructions:

- **Long Jump:** See how many lines they can jump over. Have them try and beat their best score each time. Experiment with arm swinging vs. arms behind their backs.
- **Run ‘n’ Jump:** Now let them take a running start and see if they can jump even further!
- **Long Jump Backwards:** Increase the difficulty by performing the tasks jumping backwards.
- **Hop:** How far can they jump on one leg?
- **Reach ‘n’ Stretch:** How far can their leg reach with one foot on the “start” line?

These incredible ideas for making your own DIY maze or obstacle course will test your child's strategic skills while getting their heart pumping.



GROSS MOTOR INDOOR PLAY

OBSTACLE MAZE

- Hula hoops to jump through
- Line of tape to balance on
- Couch cushions to hop between
- Table to crawl under
- Blanket over 2 chairs to crab walk through
- Tupperware containers to hurdle over
- Stuffed animals to roll over
- Plastic cups to run around



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The Power of Blue

- 1 Sit mindfully, with your spine straight and body relaxed. Close your eyes and hold your hands over your heart, if you wish.

- 2 Breathe in and picture a blue ball of light pulsing inside your forehead. Imagine it calming your thoughts.



- 3 Breathe out and picture the blue ball of light dropping into your throat. Imagine it clearing out unkind thoughts and words.



- 4 Breathe in and see the blue light glowing brighter. Breathe out and picture it dropping into your heart. Imagine it soothing hurt feelings.



- 5 Breathe in again and picture the blue filling your body. Breathe out and feel it down to your toes.



- 6 Sit with the blue light for a moment and let it glow inside you. You can take it with you when you finish this exercise.

Joyful Jellyfish

- 1 Lie down on a mat or blanket. Let your arms rest loosely by your sides.

- 2 Close your eyes and notice your tummy rising and falling with your breathing.

- 3 Feel your muscles sinking into the floor beneath you. Let your body be as still as possible.



- 4 Imagine you are a joyful jellyfish floating in the water.

- 5 Now let your worries glide off your jelly body. Feel them slip away in the water.

- 6 Float freely through the sea — nothing in your way, nothing holding you back.

- 7 When you are done, rise slowly, taking your joyful jellyfish heart with you.



Happy Hum

1 Sit mindfully, with your spine straight and body relaxed.

2 Close your eyes. Close your lips.
Hum a few notes to yourself until you find one you like.

3 Breathe in deeply.
With your out-breath,
hum your note.

Breathe in. Breathe
out and hummm!



4 Press your hands to
your chest to notice
the vibration of your
humming. What do
you feel in your hand
and body?

5 Breathe in. Breathe out
and hummm! Let your
humming send calm
into your heart.

6 Before you finish this exercise, quiet your humming and
take three soft, slow, mindful breaths.